

H ED 180 : Introduction to Health

Credits 5

Quarter Offered Fall, Winter, Spring, Summer

Research and identify reliable sources of health information for personal and public health. Students assess their own health behaviors, and develop strategies for health behavior change, while deepening their understanding of mental health, stress management, sleep, nutrition basics, physical activity, drugs and alcohol, sexuality, environmental health, diseases and prevention. The course provides a basis for more advanced study in the Health Professions. This class may include students from multiple sections. (Elective)

Course Outcomes

Evaluate reliable sources of health information are for personal and public health issues.

Describe key factors in health behavior change, as well as general health topics including mental health, stress management, nutrition basics, physical activity, drugs and alcohol, sexuality, environmental health, diseases and prevention.

Develop, implement, and evaluate strategies to improve personal and public health.

Analyze current personal and public health challenges and trends facing society, including marginalized groups.